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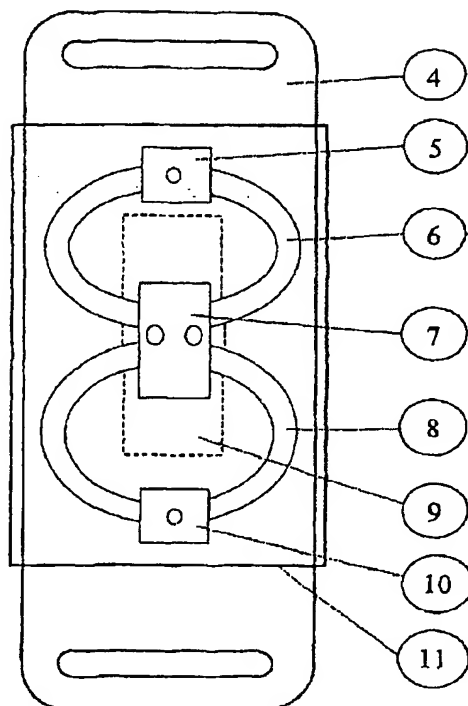
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- (71) Applicant and
(72) Inventor: **KAARSTEIN, Olav** [NO/NO]: Gauterødveien
53, N-3154 Tolvsrød (NO).
- (74) Agents: **URANG, Lars-Fredrik** et al.; Onsagers AS, P.O.
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(54) Title: A DEVICE AND A SYSTEM FOR DAMPING VIBRATIONS, IMPACT AND SHOCK



(57) **Abstract:** The invention relates to a device and a system for damping vibrations, impact and shock where two damping elements (6, 8) are attached to one end of an oblong plate (4) respectively, and connected via a central joining element (7) holding the device exposed to vibrations. The damping elements (6, 8) may be in the form of wire rings.

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